

CLAIMS

1. A fat and oil processed composition for prevention and/or amelioration of a life-style related disease, in which at least one compound selected from the group consisting of glabrene, glabridin, glabrol, 3'-hydroxy-4'-O-methylglabridin, 4'-O-methylglabridin and hyspaglabridin B or a salt, an ester or a glycoside thereof is dissolved in the fat and oil, wherein the total amount of the compounds is about 0.01 to 30% by weight based on the composition.
2. A fat and oil processed composition for inhibition and/or amelioration of increase in body weight, in which at least one compound selected from the group consisting of glabrene, glabridin, glabrol, 3'-hydroxy-4'-O-methylglabridin, 4'-O-methylglabridin and hyspaglabridin B or a salt, an ester or a glycoside thereof is dissolved in the fat and oil, wherein the total amount of the compounds is about 0.01 to 30% by weight based on the composition.
3. A fat and oil processed composition for amelioration of insulin resistance, in which at least one compound selected from the group consisting of glabrene, glabridin, glabrol, 3'-hydroxy-4'-O-methylglabridin, 4'-O-methylglabridin and hyspaglabridin B or a salt, an ester or a glycoside thereof is dissolved in the fat and oil, wherein the total amount of the compounds is about 0.01 to 30% by weight based on the composition.

4. The fat and oil processed composition according to any one of claims 1 to 3, in which at least one compound selected from the group consisting of glabrene, glabridin, glabrol, 3'-hydroxy-4'-O-methylglabridin, 4'-O-methylglabridin and hyspaglabridin B or a salt, an ester or a glycoside thereof is contained in such an amount that about 0.01 to 10 mg/kg body weight per adult a day may be ingested in total of the compounds.
5. The fat and oil processed composition according to any one of claims 1 to 4, wherein the fat or oil comprises a glycerin fatty acid ester containing a medium-chain fatty acid triglyceride and/or a partial glyceride.
6. The fat and oil processed composition according to any one of claims 1 to 5, wherein the fat or oil comprises a glycerin fatty acid ester containing a medium-chain fatty acid triglyceride in an amount of about 50 % by weight or more.
7. The fat and oil processed composition according to any one of claims 1 to 5, wherein the fat or oil comprises a glycerin fatty acid ester containing a partial glyceride in an amount of about 50 % by weight or more.
8. The fat and oil processed composition according to claim 1, wherein the life-style related disease comprises at least one member selected

from the group consisting of visceral fat obesity, type 2 diabetes, hyperlipemia, and hypertension.

9. The fat and oil processed composition according to claim 1, wherein the life-style related disease is visceral fat obesity and/or type 2 diabetes.

10. The fat and oil processed composition according to any one of claims 1 to 9, which is used for a food or a drink.

11. The fat and oil processed composition according to any one of claims 1 to 9, which is used for a pharmaceutical preparation.

12. The fat and oil processed composition according to any one of claims 1 to 9, which is used for a cosmetic.

13. A soft capsule formulation comprising the fat and oil processed composition according to any one of claims 1 to 12 encapsulated therein.

14. The soft capsule formulation according to claim 13, wherein the capsule comprises at least one compound selected from the group consisting of glabrene, glabridin, glabrol, 3'-hydroxy-4'-O-methylglabridin, 4'-O-methylglabridin and hyspaglabridin B or a salt, an ester or a glycoside thereof in an total amount of about 0.01 to 150 mg per capsule.

15. The fat and oil processed composition according to any one of claims 1 to 14, wherein at least one compound selected from the group consisting of glabrene, glabridin, glabrol, 3'-hydroxy-4'-O-methylglabridin, 4'-O-methylglabridin and hyspaglabridin B or a salt, an ester or a glycoside thereof is obtainable from *Glycyrrhiza glabra*.

16. A process for producing the composition according to any one of claims 1 to 15, which comprises dissolving at least one compound selected from the group consisting of glabrene, glabridin, glabrol, 3'-hydroxy-4'-O-methylglabridin, 4'-O-methylglabridin and hyspaglabridin B or a salt, an ester or a glycoside thereof in a fat and an oil.

17. A method for prevention and/or amelioration of a life-style related disease, which comprises administering an effective amount of the composition according to any one of claims 1 to 15 to a mammal subject in need thereof.